

Creamy Italian Sausage Soup with White Beans, Carrots, and Herbs

Creamy Italian Sausage and White Bean Soup (One Pot, Big Comfort)

TIME
45 min

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INGREDIENTS

- 19 oz spicy Italian sausage, crumbled
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 tbsp fresh thyme leaves
- ... tsp red pepper flakes
- 2 medium carrots, sliced
- 15 oz canned cannellini beans, rinsed and drained, divided
- 5 cups chicken stock
- $\frac{1}{2}$ cup heavy cream
- Salt, to taste
- Black pepper, to taste

DIRECTIONS

- 1.** Brown the sausage + aromatics: In a large saucepan over medium heat, cook sausage, onion, garlic, Italian seasoning, thyme, and red pepper flakes for about 5 minutes, until the sausage browns and the onion softens.
- 2.** Add carrots + half the beans: Stir in sliced carrots and half of the cannellini beans.
- 3.** Simmer: Pour in chicken stock and bring to a boil. Reduce to a gentle simmer, cover, and cook 15-20 minutes until the carrots are tender.
- 4.** Finish creamy: Remove from heat and stir in heavy cream and the remaining beans. Adjust consistency with more stock or a splash more cream if you like it thinner or richer.
- 5.** Season + serve: Season with salt and black pepper to taste. Garnish with a little extra thyme and serve warm.

SWAPS & NOTES

Make it mild: Use sweet Italian sausage and skip the red pepper flakes.

Thicker soup option: Mash or blend a portion of the beans (more on that below).

Add greens: Stir in baby spinach or chopped kale for the last 2-3 minutes of simmering.

For a lighter option, use evaporated milk (it stays creamy without splitting as easily).

TIPS FOR SUCCESS

Let the sausage cook until you see browned bits on the bottom of the pot-those dissolve into the broth and make it taste like it cooked longer.

Spicy sausage + pepper flakes can add up; taste after simmering and adjust carefully.

Stir in cream after removing from heat (or on very low heat) to keep it silky.

Make it restaurant-thick: Mash a cup of the beans before adding stock, or blend a scoop of beans + broth and stir back in.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-italian-sausage-soup-with-white-beans-carrots-and-herbs/>